

April 29, 2020

To the School of Engineering students

School of Engineering, Tohoku University

Notice: Precautionary and Preventative Measures Against COVID-19

As the COVID-19 pandemic evolves, Tohoku University is working diligently to keep the safety and wellbeing of students. As informed previously, we have advised some preventative measures for the spread of COVID-19. Included in this notice is a summary of the measures informed and required from the School of Engineering.

* The previous notice has been updated due to the changes in the method of reporting infections.

1. HOW TO PROTECT YOURSELF AND OTHERS FROM COVID-19

- Stay home and avoid nonessential and nonurgent outings. Please also read the notice of "Request for self-restraint of working part-time jobs " (https://www.eng.tohoku.ac.jp/media/files/_u/topic/others/To_the_Students_of_SoE-PartTimeJob_COVID-19.pdf).
- Wear a mask to prevent infection and enforce a strict regimen of hand hygiene (washing hands, using a disinfectant, etc.).
- Monitor your physical condition changes and symptoms. Also, measure your body temperature at least twice a day (morning and evening). Use the "Health Observation Record Sheet" (attached) to record your body temperature.
- You can also obtain the Excel version of the "Health Observation Record Form" from the URL below.
https://www.eng.tohoku.ac.jp/media/files/_u/topic/others/HealthChecksheet_2020_4_16.xlsx
- Make a daily activity log so that you can submit the log promptly in case of suspicion of infection.

2. WHAT TO DO IF YOU FEEL UNWELL

If you have cold-like symptoms such as a fever, please stay home to rest and avoid going out until 48 hours after the symptoms disappear completely. If you need to see a doctor, please contact the hospital in advance and ask the doctor for instructions. If you experience strong malaise, difficulty in breathing (dyspnea), severe fatigue, or loss of scent or taste, please follow the instructions #3 below.

Note: According to a guideline, it can be said "recovered" when the person tested negative in two successive tests, and 48 hours have passed since the symptoms completely disappeared without taking antipyretics pills. However, there is still a possibility of infecting other for a while. Please avoid nonessential and nonurgent outings and take necessary precautions to prevent the spread of infection.

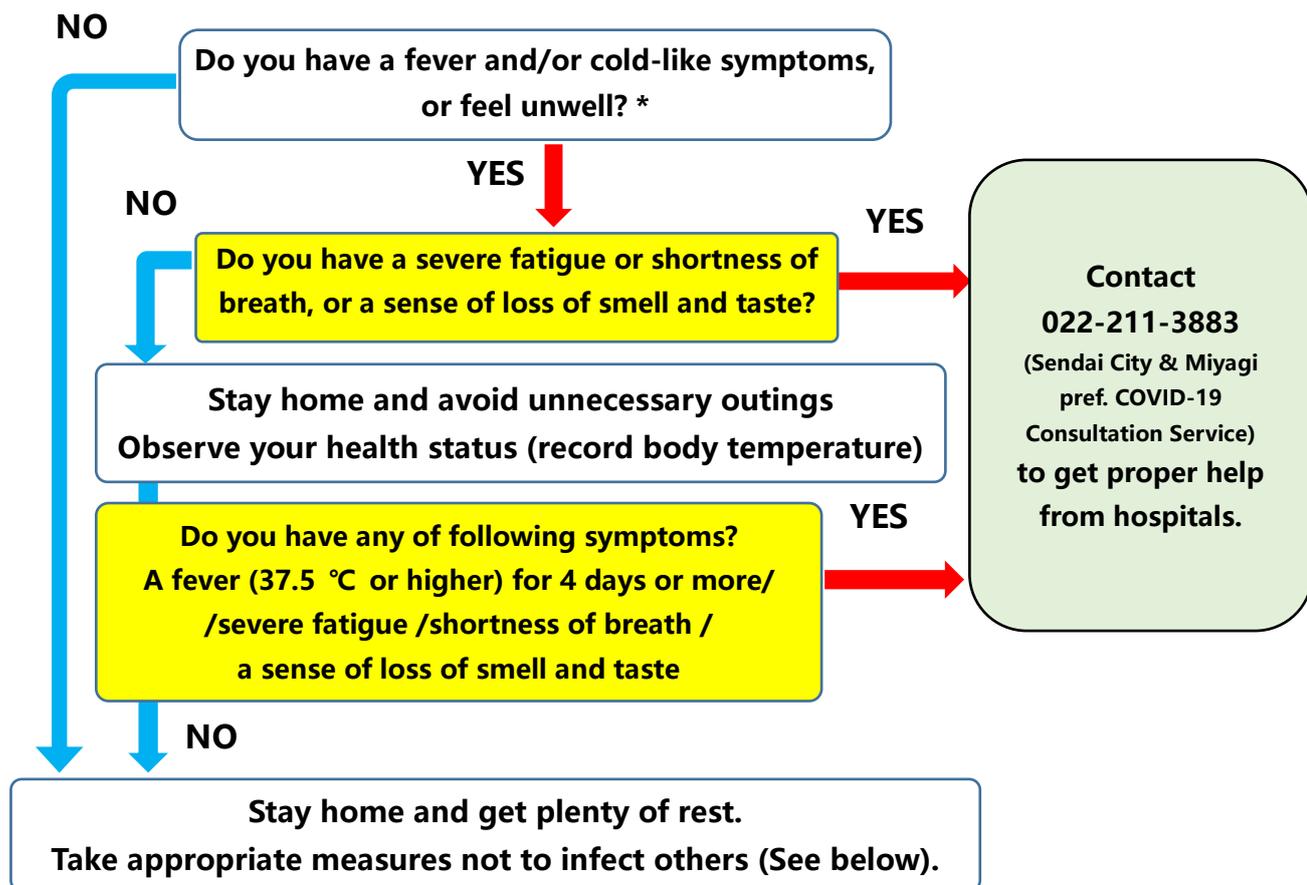
3. WHAT TO DO IF YOU SUSPECT HAVE CONTRACTED COVID-19

Please check " Guide of Consultation" offered by the Ministry of Health, Labor and Welfare (https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/newpage_00032.html) and the attached flow diagram. If you have any of the following symptoms, please contact the Consultation Service

(operated by Sendai City and Miyagi Prefecture) and follow their instructions. Also, please be sure to report your situation [Required Information] to Tohoku University by sending email to [Contact] (See #5).

[Guidelines for Consultation]

- You have had cold symptoms or a fever of 37.5°C or over for 4 days or more.
- You have a strong feeling of weariness (fatigue) or shortness of breath (difficulty breathing).
- You feel that you lost of taste and smell.
- *If you have an underlying disease and have the above symptoms for 2 days or more.



[Note]

- If you have a fever of 38 °C or higher in a short time, you may have flu. Please consult your home doctor over the telephone in this case.
- The following people are at the risk of getting serious, so please contact your home doctor for further instructions.
 - People with diabetes, heart failure, respiratory diseases (COPD, etc.), kidney diseases (including undergoing dialysis)
 - Aged people
 - Those who are receiving immunosuppressant or anticancer drug treatment
 - Pregnant woman
- To prevent the spread of infection, avoid contact with others as much as possible and rest at home with good sanitization. Even if you have a fever, we recommend that you stay at home until the symptom subsides unless the symptoms are severe. (See also the attached Q & A).

- If you need to see a doctor, please contact the hospital in advance and ask the doctor's instructions. When you go to the hospital, please be sure to wear a mask and avoid using public transportation. Please bring "Health Observation Record Sheet" to explain your activity history of the last 2 weeks. You will be required to submit the names of people you have contacted after the onset of symptoms.
- Please contact Consultation Service again immediately and explain about your situation when you find any severe symptoms, particularly dyspnea.

[Consultation Service]

A telephone consultation service operated by Miyagi Prefecture and Sendai City is available. If you need multilingual assistance, please ask SENTIA for interpretation in advance at 022-275-9990.

Consultation Service : 022-211-3883 Available 24h (Japanese language)

4. IF YOU HAVE HAD CONTACT WITH SOMEONE WHO HAS TESTED POSITIVE FOR COVID-19

If the following applies to you, please monitor your health carefully at your home. If you suspect that you may have been infected with the COVID-19 disease, please consult us (See #8).

- You had close contact with the person diagnosed with COVID-19.
- You stayed in the same room with the person diagnosed with COVID-19 for more than 2 minutes.
- You stayed in the building where the person diagnosed with COVID-19 had stayed on the same day and used/shared the same items (PC, tables, sofa, etc.) with them.
- You stayed in the room where the person diagnosed with COVID-19 had stayed before and used/shared the same items (PC, tables, sofa, etc.) with them.

*Definition

Close contact: Have a conversation for 2 minutes or more within 2 meters

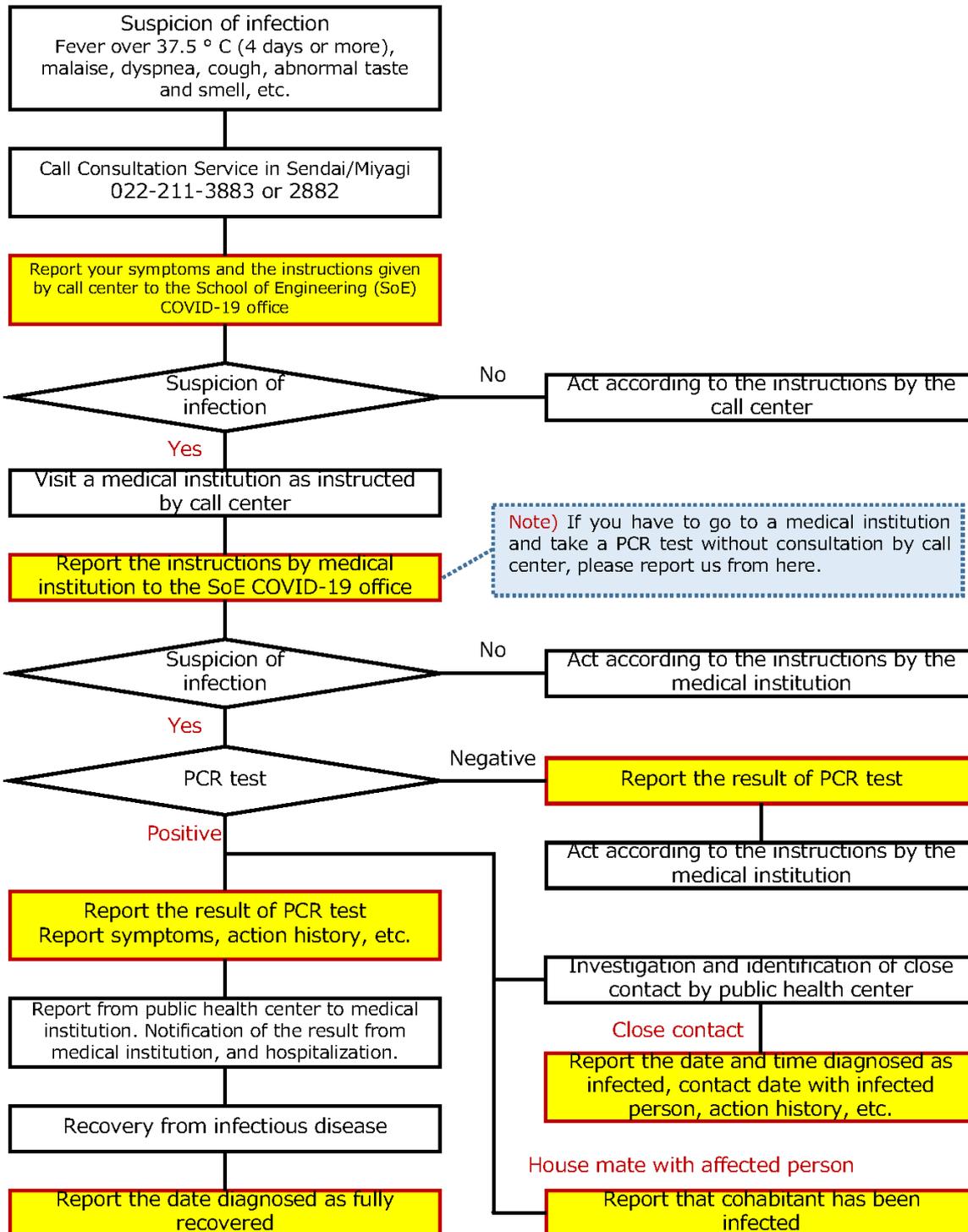
This definition is different from the definition by the National Institute of Infectious Diseases.

(<https://www.niid.go.jp/niid/images/epi/corona/2019nCoV-02-200312.pdf>)

5. REPORT TO TOHOKU UNIVERSITY

If the situation meets to any of the following, be sure to report to the School of Engineering COVID-19 office, in accordance with [Required Information and method]. It is necessary to refer to the flow chart below and report each time if any of the items described in the flowchart occur.

- Your family members or roommate was diagnosed with COVID-19
- You contacted the consultation service and received instruction
- You contacted the consultation service and went to the hospital
- You had been specified as a "close contact person" by the public health center
- You took the PCR test



[Required Information and method]

- Please use the form on the URL below to make a report using the "New Coronavirus Infectious Disease (COVID-19) Report Form, School of Engineering ".
<https://docs.google.com/forms/d/e/1FAIpQLSdld2Mky9F1zFUUjqT21wOAu5cqTr05-CPplyLtwxQ3IBoz-A/viewform>
- You will be able to refer the details of the report items on the same URL.
- The report will be shared with the department office and supervisor or academic advisors.
- You will receive an email confirming receipt of the report. If you want to report twice or more times, please report using the "Edit answer" function on the report form.

6. MEASURES AGAINST COVID-19

- Please do not travel abroad.
- You must defer all non-essential domestic travel. In particular, we strongly request you to cancel to visit the area where the state of emergency was issued. Please avoid entering the Tohoku University campuses at least one week (two weeks if possible) after you unavoidably went to the areas.
- We strongly request you to avoid participating in events where many people gather.
- Please avoid staying “3 Cs place”, which are “closed spaces with poor ventilation”, “crowded places”, and “close contact settings”.

7. COURSE ABSENCES

All classes in the School of Engineering will be conducted online. If you feel sick or have symptoms, you don't have to force yourself to attend online classes. If you need absent from a class because of such health problem, please submit the "Health Observation Record Sheet" to the lecturer in charge of the class at your earliest convenience. (No medical certificate is required).

8. CONTACT

If you have any question regarding COVID-19, please contact to the office below.

School of Engineering COVID-19 office

E-mail: eng-covid19@grp.tohoku.ac.jp

Q & A about "How to do when you feel unwell"

Q1: I have a fever of 38 degrees for several days. I thought that I might have been infected with COVID-19 and consulted with the city's consultation service and the University's Health Management Center. However, they only told me to take a good rest at home, and I was not able to get the PCR test. I am terribly worried about the infection and my health condition.

A1: [Answer from a Tohoku faculty member with a doctor's license]

If you suspect that you are infected with COVID-19, there are 4 things you need to do:

- i. Be careful not to infect others
- ii. If you find any signs of aggravation (especially dyspnea), contact the consultation service immediately.
- iii. Prepare a list of people who have been in contact after the onset of symptoms.
- iv. Even after a fever is reduced and other symptoms are alleviated, stay at home at least 2 weeks.

In general, many acute viral infections can be cured in time without the antipyretic pills. Therefore, in the current situation, staying at home can be the best choice for the people without severe symptoms, such as dyspnea. The same applies not only COVID-19 but influenza virus.

Even without the antipyretic pills, you will be able to heal on your own as long as the symptoms are not very severe. Basically, for most of viral infections, the prescribed drugs such as antipyretic drugs don't attack the virus; they just relieve symptoms. When you have a fever of 39 degrees or more for a few days, please take over-the-counter antipyretic pills.

Even if there is a possibility of coronavirus infection, you may stay at home as long as the symptoms do not get serious. However, if the symptoms get worse, do not hesitate to contact the consultation service.

Eating healthy during the self-isolation is important. However, it is not necessary to force yourself to eat when you have nausea or diarrhea. Keeping hydrated is also important, especially when you have digestive symptoms or if you have a fever. Drinking 1.5 liters or more per day will be required for your body.

Some people infected with the COVID-19 or influenza virus may have severe symptoms. In this case, immediate treatment at hospitals will be required. Therefore, you need to carefully

observe the sign of pneumonia, which can cause respiratory dysfunction. However, under the present circumstances, the medical treatment for the symptoms will be only oxygen inhalation or temporarily drawing blood from the body to allow artificial oxygenation until the pneumonia subsides. There is no specific treatment for pneumonia itself in the current situation.

Drugs under development against COVID-19 will not be able to inactivate the virus itself. The drugs would alleviate the severity of COVID-19 disease and prevent the virus that has invaded in the body from invading other uninfected cells.